BLACK BEAN SOUP

INGREDIENTS:

5 cans	Black beans, rinsed, drained
6 cups	Vegetable broth
1	Bay leaf
1 tbsp.	Olive oil
1 cup	White onion, diced
2 tbsp.	Garlic, minced
1 tbsp.	Paprika
1 ½ tsp.	Ground cumin
1 ½ tsp.	Dried oregano
1 tsp.	Ground coriander
½ tsp.	Cayenne
Pinch	Sugar and salt
1 tbsp.	Red wine vinegar
2 cups	Diced tomatoes

METHOD:

- Simmer beans, broth, and bay leaf in a large pot over medium heat for 20-30 minutes.
- Remove bay leaf and half of the bean-broth mixture.
- Purée the remaining bean mixture in the pot with a hand-held stick blender or in a food processor until smooth.
- Return reserved beans to the pot; keep warm over low heat.
- Sauté onion, garlic and seasonings in oil in a nonstick skillet until soft, about 5 minutes.
- Deglaze pan with vinegar, and then add tomatoes and their juice.
- Simmer to reduce slightly, and then mash tomatoes lightly.
- Add to soup and cook another 5 minutes.

Chef's Note: Serve with H3 Pico De Gallo.

Serves: 8
Serving size: 1 cup
Calories: 261
Fat: 4 gm.